



41. Brockenlauf, 21. Ilsesteinlauf
Ilseburg / 03.09.2011

Detailed evaluation

Kanzog, Holger

Club: Lübeck
Number: 10

Course: 26.20 km
Brockenlauf

Category:
Männer M45

Total time: 2:31:10

Speed: 10.32 km/h
Running performance: 5:46 min/km

Rank in course/Total: 116 (of 370)

Rank in course/Men: 104 (of 317)

Best time in course: 1:45:06

Rank in category: 25(of 74)

Best time in the category: 2:01:21

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	-	-	73		311		3.30	-	-	73		311	
Schlüsie	3.10	-	-	73		311		6.40	-	-	73		311	
Hermannsklippe	2.60	-	-	73		311		9.00	-	-	73		311	
Brocken	3.10	-	-	73		311		12.10	-	-	73		311	
Eiserner Handwe	3.60	-	-	73		310		15.70	-	-	73		310	
Schlüsie	4.00	-	-	69		289		19.70	-	-	69		288	
Loddenke	3.20	-	-	73		309		22.90	-	-	73		309	
Ilseburg/Markt	3.30	2:31:10	45:48	73	2:18:30	310	2:20:07	26.20	2:31:10	5:46	25	29:49	104	46:04